

How Are You Feeling Today?



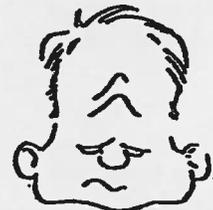
EXHAUSTED



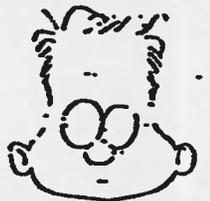
CONFUSED



ECSTATIC



GUILTY



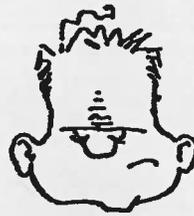
SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



HURT



CONFIDENT



EMBARRASSED



HAPPY



MISCHIEVOUS



DISGUSTED



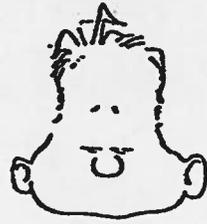
FRIGHTENED



ENRAGED



ASHAMED



CAUTIOUS



SMUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISED



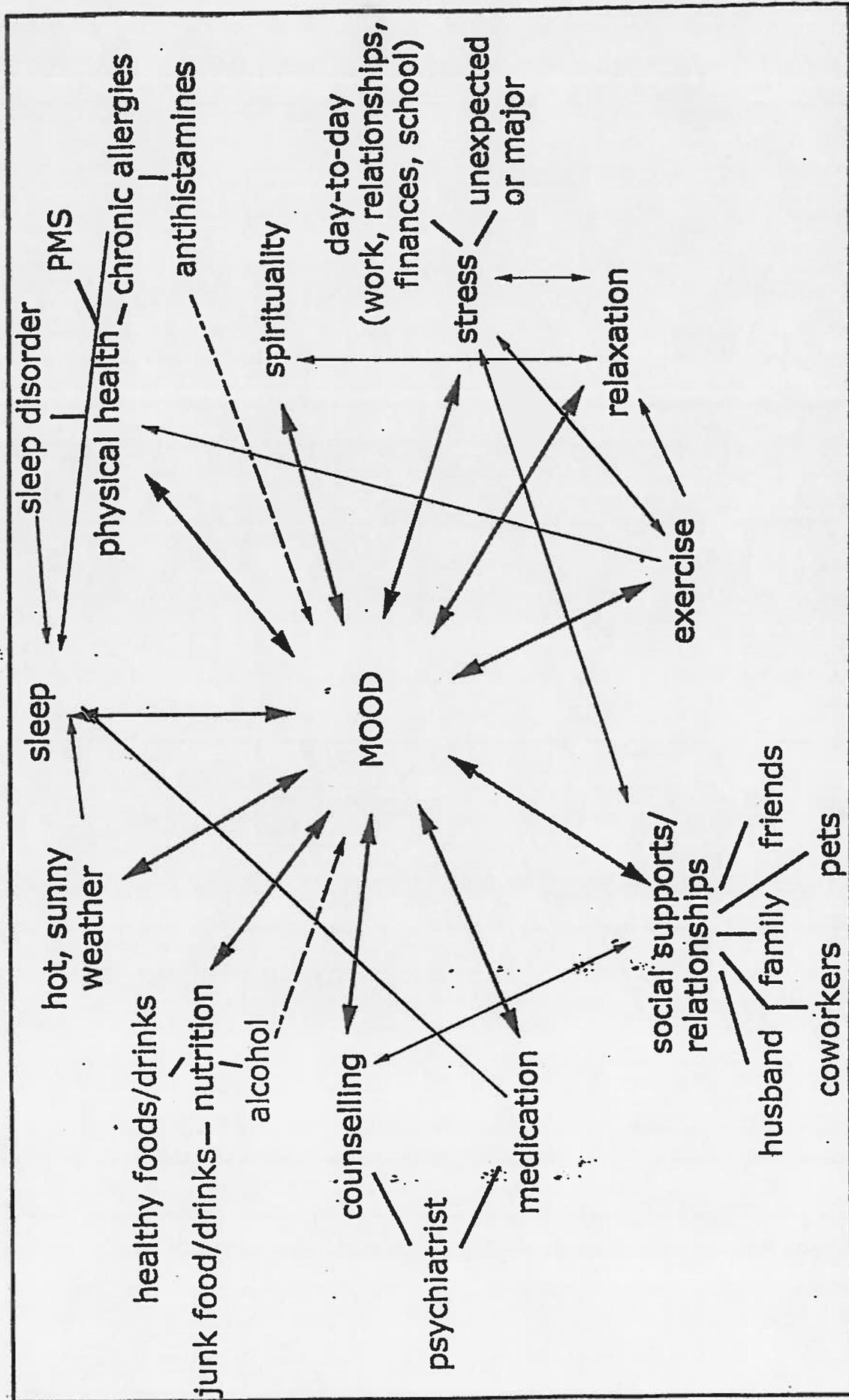
ANXIOUS



SHOCKED

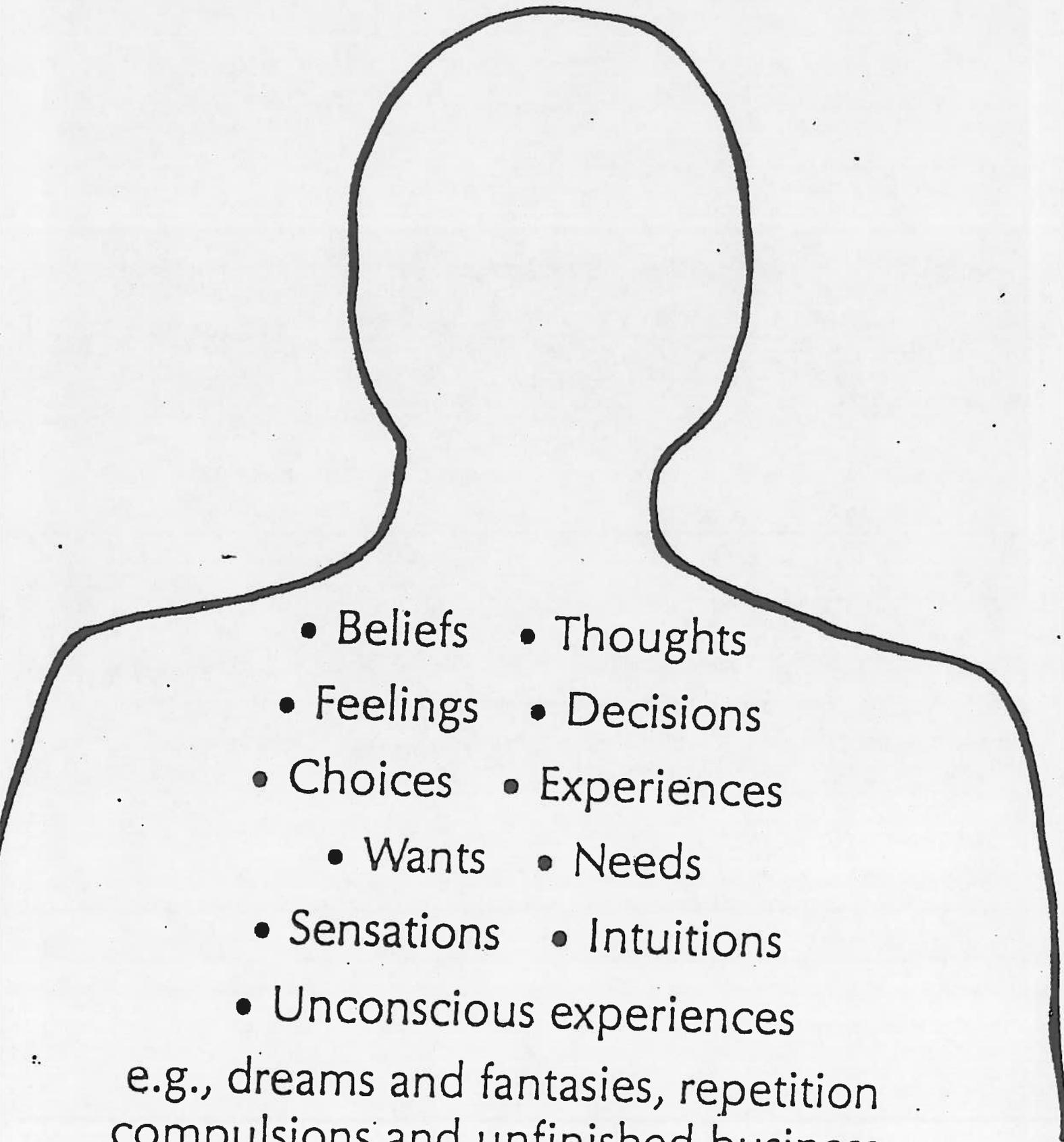


SHY





How the brain works.

- 
- Beliefs
 - Thoughts
 - Feelings
 - Decisions
 - Choices
 - Experiences
 - Wants
 - Needs
 - Sensations
 - Intuitions
 - Unconscious experiences

e.g., dreams and fantasies, repetition compulsions and unfinished business.

How Healthy Are Your Boundaries?

Place a 1 next to your answer to each of the following questions (a scoring key follows):

- T___ F___ I often feel guilty about not doing enough for my parents or my spouse.
T___ F___ I feel responsible for making other people happy—my parents, my spouse, my children.
T___ F___ I often share personal information with other people that is none of their business.
T___ F___ I feel uncomfortable making my own decisions in life.
T___ F___ I often go along with the plans of others, even when I want to do something else.
T___ F___ I often feel I must explain or defend the actions of my parents or my spouse to other people.
T___ F___ My parents discouraged me from moving away from home.
T___ F___ I do a lot of work for other people, but I hate to ask anyone to do a favor for me.
T___ F___ I wish I didn't have the responsibilities of an adult.

Place a 2 next to your answer to each of the following questions:

- T___ F___ When people criticize or insult me, I accept what they say as true and feel bad about myself.
T___ F___ I often think about mistakes I've made and feel bad about myself.
T___ F___ I feel afraid of God.
T___ F___ My parents frequently shared intimate secrets with me.
T___ F___ I was the favorite child of one of my parents.
T___ F___ My parents did not want me to date or marry.
T___ F___ One of my parents seemed overly interested in my sexuality and my body.

Place a 3 next to your answer to each of the following questions:

- T___ F___ One of my parents preferred my company to that of his or her spouse.
T___ F___ I was physically, sexually, verbally, or emotionally abused as a child.
T___ F___ I have been in two or more relationships where I have been physically abused, sexually abused, or made to feel like "a nothing."

Add up the numbers in the "T" column.

If you scored from 0 to 5, you probably have fairly secure emotional and spiritual boundaries.

If you scored from 6 to 9, you probably are experiencing a significant distortion in your emotional and spiritual boundaries; you should work on clarifying those boundaries and creating clearer safety zones in your relationships.

If you scored 10 or more, there is a strong likelihood that you have a deeply rooted distortion in your emotional and spiritual boundaries. We would encourage you to seek counseling for your emotional and spiritual issues and for help and insight in strengthening the boundaries in your inner self and your relationships.

SIGNS OF UNHEALTHY BOUNDARIES

Trusting no one - trusting anyone - black and white thinking
Telling all
Talking at intimate level on first meeting
Falling in love with anyone who reaches out
Being overwhelmed by a person - preoccupied
Acting on first sexual impulse
Being sexual for partner, not self
Going against personal values or rights to please other
Not noticing when someone else displays inappropriate boundaries
Not noticing when someone invades your boundaries
Accepting food, gifts, touch, sex that you don't want
Touching a person without asking
Taking as much as you can get for sake of getting
Giving as much as you can give for sake of giving
Allowing someone to take as much as they can from you
Letting others direct your life
Letting others describe your reality
Letting others define you
Believing others can anticipate your needs
Expecting others to fill your needs automatically
Falling apart so someone will take care of you
Self abuse
Sexual and physical abuse
Food abuse

RESISTANCE TO BOUNDARIES: a summary

1. external resistance:

- a. angry reactions**
- b. guilt messages**
- c. consequences and countermoves**
- d. physical resistance**
- e. pain of others**
- f. blamers**
- g. real needs**
- h. forgiveness and reconciliation**

2. internal resistance:

- a. human need**
- b. unresolved grief and loss**
- c. internal fears of anger**
- d. fear of the unknown**
- e. unforgiveness**
- f. external focus**
- g. guilt**
- h. abandonment fears: taking a stand in a vacuum**